



TEXAS DEPARTMENT OF HEALTH
AUSTIN, TEXAS
INTER-OFFICE MEMORANDUM

TO: Regional Directors
Directors, Local Health Departments
Directors, Independent WIC Local Agencies
Herman Horn, Acting Chief,
Bureau of Regional/Local Health Operations

FROM: Barbara Keir, Director {Original Signed}
Division of Public Health Nutrition and Education
Bureau of Nutrition Services

DATE: August 8, 2001

SUBJECT: Santa Fe Community College online nutrition coursework

A number of local agency Texas WIC staff are currently participating in the Santa Fe Community College online nutrition coursework. You and your staff can also be a part of this exciting educational opportunity. Note that an additional course, HED 221: Diabetes Management, has been added to the online curriculum. For many, this could complete the 12 credits necessary for CPA requirements.

Santa Fe Community College, with a grant from the United States Department of Agriculture, is able to offer these long distance nutrition classes. These are not correspondence courses, but instead interactive college level classes using online technology and college textbooks. Interaction between students and faculty is achieved through the use of web sites, chat rooms and e-mail. WIC experience is used to augment the information taught in these classes.

Registration will begin online at <http://www2.santa-fe.cc.nm.us/nutrition> August 7, 2001 for the Fall semester, which begins September 24, 2001. The classes offered this fall are:

- **HED 200: Nutrition**

This 3 credit course presents basic principles of nutrition, including dietary guidelines, the energy-containing nutrients, and vitamins. Nutrition in pregnancy, lactation and childhood nutrition are also covered over a 12-week period.

Required Textbook: Understanding Nutrition, 8th edition. Whitney and Rolfes

- **HED205: Nutrition in the Lifecycle**

This 3 credit course presents the basic principles of nutrition including functions, interactions and human requirements of micro and macro-nutrients and their roles in maintaining optimum health throughout the life cycle. Presented in a 12 week format.

Required Textbook: Rolfes, DeBruyne and Whitney, Life Span Nutrition, 2nd edition.
Prerequisite: HED 200

- **HED221: Diabetes Management**

This comprehensive 3 credit course reviews the various types of diabetes mellitus, and the prevention and management of diabetes mellitus. It includes information on blood sugar control, insulin and medications, nutrition and exercise recommendations and prevention of complications. Presented in a 12 week format.

Required Textbook: American Diabetes Association Complete Guide to Diabetes, 2nd edition, 1999. ISBN: 1580400388

Please note: There are several versions of this book available. Please be sure you purchase the book with the ISBN number listed above. (The paperback book costs approximately \$20.00, approximate dimensions are 1 x 10 x 8 inches.)

Tuition for these courses and the textbooks are WIC allowable expenses. The State Agency has agreed to reimburse for the cost of completing these nutrition classes. That means even if your agency is low on funds, the State Agency will reimburse for these nutrition classes. We would like to encourage all CPAs who do not have a degree in nutrition or dietetics to consider taking these classes to enhance their nutrition knowledge and skills. The cost of the class and fees is approximately \$250.00 and the textbook is \$70.00 - \$100.00.

To enroll for the class starting in September, register online at <http://www2.santa-fe.cc.nm.us/nutrition>. If you have questions about the registration process or classes, please contact Carl Shearer, Santa Fe Community College Outreach Coordinator, at (505) 428-1406. If you have other questions please contact Mary Van Eck, Nutrition Education Coordinator, at (512) 458-7111 extension. 3484 or mary.vaneck@tdh.state.tx.us.